SFAS Out-Brief

Special Forces Recruiting Team ~ Fort Campbell, KY

SFAS Reporting Info

Before you leave do a quick check:

- 10 copies of orders
- Medical Records
- Airline Tickets
- SFAS Reporting Info
- SFAS Strip Map
- SFAS Packing List
- SFRT - KY POC Info
- Signed Out Brief Statement
- SFAS Physical Training Book
- Complete set of BDU's, boots, Poncho liner, and patrol cap inside carried on baggage.

LOST LUGGAGE:

In case luggage is sent anywhere other than Fayetteville, NC have the airline send the luggage to:

US ARMY SFAS
G Co 1st BN 1st SWTG(A)
1500 Camp McCall Place
Bldg #T2746
Marston, NC 28363-8028
(910) 396-1814

Students will report to the Special Operations Academic Facility (SOAF) Bldg D-3915 no later than 1200 on the REPORT DATE.

Contact telephone numbers at SOAF are: (910) 432-9449/9417

Uniform to travel and report in, is civilian attire.

Lodging Information:
Airborne Inn Bldg D-3601, Phone (910) 396-7700
If guest house is full you will need to stay at a civilian hotel. Ensure that you get a statement of non-availability from the Airborne Inn for reimbursement purposes.
KEEP YOUR RECEIPTS

SFAS Reporting Info

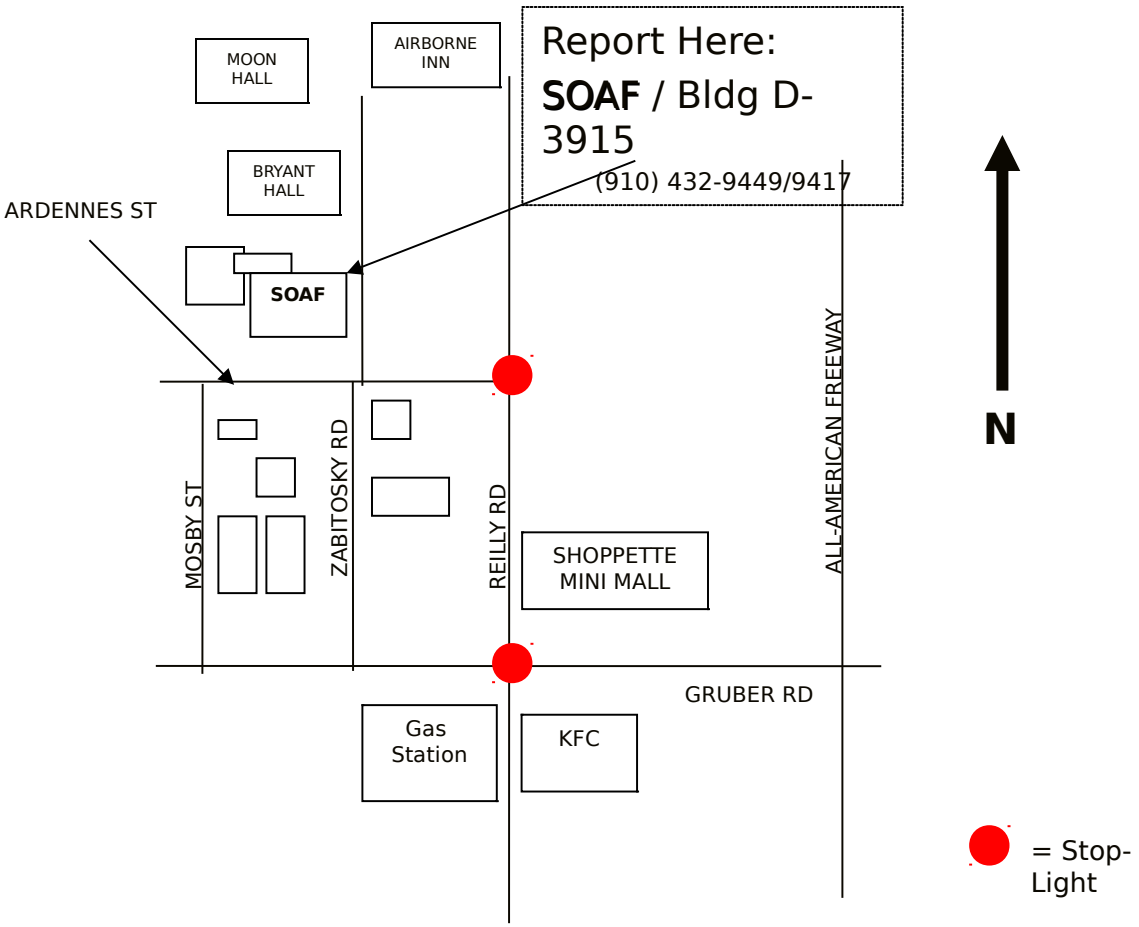
Report with the following:

- 10 copies of Temporary Duty Orders (TDY)
- Medical Records
- Special Forces physical training handbook
- Complete packing list items

During travel if any **problems** arise call your recruiter or Fort Bragg operations and ask for SFC Zahn (910) 432-1643 or 1-877-839-4035 or 1SG Hochstetler 1-877-839-7932

IN CASE OF ANY EMERGENCIES: Students will call the USAJFKSWCS SDNCO (Bldg D-3004, off Ardennes Street) at (910) 432-2201.

SFAS Strip Map



SFAS PACKING LIST

As of February 2004

1.ALL CANDIDIATES WILL BE ISSUED TA-50. IT IS **NOT AUTHORIZED** TO BRING EXTRA TA-50 TO SFAS.

THE FOLLOWING IS THE REQUIRED ITEMS TO BE BROUGHT TO SFAS. THERE ARE NO EXCEPTIONS AND NO SUBSTITUTIONS.

4 PR BDU'S ***SEE NOTE# 2 (MORE THAN 4 SET IS AUTHORIZED)***
5 EA ARMY ISSUE BROWN T-SHIRTS ***(NO COOL MAX)***
1 EA ARMY ISSUE GRAY/BLACK PT UNIFORM TO INCLUDE SWEAT TOP AND BOTTOM
1 EA ARMY ISSUE BLACK BELT
6 PR SOCKS, GREEN OR BLACK ARMY OR CIVILIAN WOOL OR COTTON ***(NO POLYPRO OR GORTEX)***
5 PR ARMY ISSUE BROWN UNDERWEAR
2 EA CAP, BDU PATROL ***SEE NOTE# 2***
1 PR RUNNING SHOES ***(NO BLACK RUNNING SHOES)***
2 PR SOCKS, WHITE COTTON
1 EA FIELD JACKET, BDU WITH LINER ***SEE NOTE# 2***
2 PR BOOTS, ARMY ISSUE COMBAT OR JUNGLE ONLY
1 PR GLOVES, BLACK LEATHER ARMY ISSUE W/LINERS OR ARMY ISSUE GORTEX GLOVES
1 EA CAP, WOOL, BLACK
1 EA PILE CAP, BDU ***SEE NOTE# 1***
1 PR UNDERWEAR, COLD WEATHER (WOOL OR POLYPRO) ***SEE NOTE# 1***
1 EA PERSONAL HYGIENE ITEMS
2 EA TOWELS
1 PR SHOWER SHOES
1 EA SEWING KIT
3 EA PENS/PENCILS
1 EA NOTE BOOK, ONLY 0NE PER CANDIDATE ***(NO LARGER THAN 4" X 6")***
1 EA SHOE SHINE KIT
1 EA LAUNDRY SOAP
2 PR EYE GLASSES, IF WORN ***(NO CONTACT LENSES)***
2 EA WRIST WATCH ***NO COMPASS OR ALTIMETER FUNCTIONS***
1 EA LAUNDRY BAG
1 EA DUFFEL OR KIT BAG ***(NO CIVILIAN BAGS)***
1 EA CASH, $150.00 ***(DO NOT BRING MORE THAN $150.00)***
1 EA SFAS PHYSICAL TRAINING HANDBOOK
1 EA PONCHO LINER ***(IN CARRY-ON LUGGAGE)***

*****CONFIRMATION OF SECURITY CLEARANCE OR DISK/HANDWRITTEN COPY OF THE ESPQ PAPERWORK**
*****TABE TEST RESULTS, IF APPLICABLE**
*****10 COPIES OF ORDERS**

*****NOTES*****

NOTE# 1 ITEMS ARE REQUIRED FOR CLASSES FROM 15 OCTOBER THROUGH 15 APRIL

SFAS PACKING LIST

2. THE FOLLOWING ITEMS ARE COMMONLY BROUGHT TO SFAS AND ARE AUTHORIZED FOR USE BY CANDIDATES ATTENDING SFAS: **ANY ITEM THAT IS NOT LISTED BELOW WILL BE CONFISCATED BY SFAS CADRE AND NOT RETURNED:**

BABY WIPES
BLACK ELECTRICAL TAPE
BOOK, 1 PER CANDIDATE ONLY: BIBLE, RANGER HANDBOOK, OR ANOVEL. ***NO MAGAZINES***
BOOT INSOLES AND LACES
BUNGEE CORDS
COTTON TIPPED APPLICATORS
CLOTHES PINS
CURLEX
CRAVATS
FOOT POWDER
GAUZE PADS
HIGHLIGTERS
PENLIGHTS W/BATTERIES ***MUST HAVE RED OR BLUE LENS***
INSECT REPELLENT
LIP BALM
MAP CASES/NOTE BOOK COVERS
MOLESKIN
PACE CORDS
POCKET KNIFE/TOOL 1 PER CANDIDATE. ***BLADE LENGTH CANNOT EXCEED 3 INCHES***
SAFETY GLASSES ***CLEAR LENSES ONLY***
SAFETY PINS
SCISSORS, SMALL
SECURITY LOCKS
SKIN LOTION
SUN SCREEN
SNNAPLINKS
TOBACCO PRODUCTS
TRASH BAGS
VASELINE
VISINE EYE DROPS
ZIP LOCK BAGS (LARGE AND SMALL)
100 MPH TAPE
55O CORD

****ANYTHING NOT LISTED HERE IS NOT AUTHORIZED FOR USE AT SFAS****

*****NOTE TO ALL SFAS CANDIDATES:*** The use of Creatine and products tha contain Ephedra during the 30 days prior to attending SFAS is considered a safety

AOJK-GP-GB 30 Aug 2000

MEMORANDUM FOR Special Forces Assessment and Selection (SPAS) Students

SUBJECT: Information Requirements for Processing Personnel Security Clearances

1. All Special Forces soldiers are required to hold a Secret security clearance. However, many soldiers volunteering for Special Forces training are coming from units and positions that do not require them to hold any security clearance at all. For this reason, soldiers who do not currently hold a security clearance, who successfully complete SFAS and are selected to attend the Special Forces Qualification Course (SFQC), will be required to complete the Standard Form 86 (SF-86) / Electronic Personnel Security Questionnaire (EPSQ) as part of their out-processing from SFAS. The SF86/EPSQ will then be submitted by the S-2 Section, 1st Special Warfare Training Group (Abn).

2. In order to complete the SF-86 / EPSQ, you must have the following information in your possession:

a. Personal information to include your full place of birth; you must know the name of the city, county, and state you were born in, if born in the USA. If born overseas, you need your naturalization data and full place of birth. You also need your Selective Service System registration number.

b. Previous home addresses and telephone numbers for the past 7 years, and the name, address, and telephone number of a person who knew you at that address (preferably someone who still lives there).

c. Names and addresses of all civilian schools you attended within the past 7 years, beginning with your high school, and including correspondence courses. If all of your civilian education occurred more than 7 years ago, you only need your most recent school. For schools you attended within the last 3 years, you also need the name, address, and telephone number of someone who knew you there, such as a teacher or another student.

d. Names and addresses of all of your previous places of employment for the past 7 years, to include civilian jobs, military units/duty assignments, and first-line supervisors' names, addresses, and telephone numbers.

g. Names and addresses of all members of your immediate family, living or dead, to include in-laws, step-siblings, foster parents or guardians. Also all foreign relatives with whom you have regular contact must be listed.

h. Citizenship data for any of your relatives who were born abroad (citizenship or naturalization certificate numbers, alien registration data, etc.).

i. Any contact or employment you have ever had with a foreign government or firm, and dates and destinations of all overseas travel for the past 7 years.

j. Details on any adverse information concerning you:

1) If you have any violations of the law on your record, you need the address of the law enforcement agency and/or court that handled your case.

(2) If you were treated for any mental health problems in the past 7 years, you need the name and address of the doctor or therapist who treated you.

(3) If you had any financial delinquencies or problems (such as bankruptcies) in the last 7 years, you need the names and addresses of the court or agency ha.l1dling the case, and of the creditor or obligee involved. It is recommended that you also obtain a copy of your commercial credit report and review it prior to submitting your EPSQ. Occasionally, credit reports have adverse information on them that you may not be aware of.

3. The information above may be recorded on plain notebook paper. If you decide to record it on a computer disk, you should still print out a hard copy of the information and bring the hard copy with you. During out-processing from SF AS, selectees will be transported to the computer lab at the Special Operations Academic Facility (SOAF) at Fort Bragg, and using this information, will complete the SF-86/EPSQ under the supervision of the S-2 Section, 1st SWTG(A). You should ensure that your information is complete before departing for Fort Bragg, and safeguard it during transit (i.e., put it in a waterproof "zip-lock" bag and keep positive control of it). If you wish, the S-2 Section can store your information in a secure place while you are attending SFAS, and return it at the end of the course.

4. Point of contact for this memorandum is the undersigned at DSN 239-7174/7115.

Blister Treatment

Blisters are quite common for anyone who regularly participates in sports. Most soldiers just accept them as the price you pay to soldiering, but there are measures to avoid them, or decrease the pain and risk of infection if you find you have one.

Cause
Blisters form when the skin rubs against another surface, causing friction. First, a tear occurs within the upper layers of the skin forming a space between the layers while leaving the surface intact. Then fluid seeps into the space. Soles and palms are most commonly affected for several reasons. The hands and feet often rub against boots, or other equipment. Blister formation usually requires thick and rather immobile epidermis, as is found in these areas. In addition, blisters form more easily on moist skin than on dry or soaked skin, and warm conditions assist blister formation.

Prevention
To prevent blisters, you need to minimize friction. For the feet, this begins with appropriate shoe and sock selection. Make sure your boots are the right size and shape. Wear socks made from synthetic blends. Before you exercise, apply petroleum jelly or talcum power to reduce friction, if needed.

Blister Care
If you get a blister, you'll want to relieve your pain, keep the blister from enlarging, and avoid infection. Signs of infection include pus draining from the blister, very red or warm skin around the blister, and red streaks leading away from the blister. Small, intact blisters that don't cause discomfort usually need no treatment. The best protection against infection is a blister's own skin. Larger or painful blisters that are intact should be drained without removing the roof in the following manner:

1. Clean the blister with rubbing alcohol or antibiotic soap and water.
2. Heat a straight pin or safety pin over a flame until the pin glows red, and allow it to cool before puncturing a small hole at the edge of the blister.
3. Drain the fluid with gentle pressure, then apply an antibiotic ointment.
4. Cover the blister with a bandage. Change the dressing daily.

SFAS Common Mistakes

- Going to SFAS without receiving a SFAS recruiter briefing.
- Forgetting your medical records. You will be dropped from SFAS.
- Failing the APFT at SFAS.
- Showing uncontrollable fear in the water during the 50-meter swim assessment.
- Listening/Participating in the dissemination of inaccurate information of what to expect during SFAS.
- Concealing prohibited items during in-processing. You will be dropped from SFAS.
- Showing inconsistency during rucksack marches and runs.
- Giving up on the obstacle course.
- Not being able to do at least 6 pull-ups from a dead hang. This may show a lack of upper body strength.
- Giving up on yourself. Don't quit, let the assessors assess you.
- Negative thoughts. Don't doubt yourself; believe in yourself; don't evaluate your self out of SFAS.
- Not taking proper care of your feet.
- Falling asleep when you are not supposed to.
- Losing your weapon.
- Not giving 100%.The assessors are trained to identify soldiers that are not pulling their weight.
- Whining and complaining- Nobody likes it, and it doesn't help.
- Arguing with the cadre, it will not be tolerated, you will be terminated.
- Failure to follow instructions. Pay attention to detail.
- Losing your temper. Maintaining your bearing is essential to success.
- Not being flexible. Anything and everything may go wrong, deal with it.
- Using shortcuts/cheating. Don't compromise your integrity, you will be dropped from SFAS for integrity violations.
- Always the first one to sit/lay down on a break.
- Always the last one to get up when the break is over.

SFAS Thoughts

✓ How you respond to the challenge in the second half will determine what you become after the game; whether you are a winner or a loser.

✓ Positive thoughts bring positive results.

✓ Challenges can be stepping stones or stumbling blocks. It's all in your perspective.

✓ Difficulties are meant to rouse, not discourage.

✓ Effort is only effort when it begins to hurt.

✓ To become is hard; to be is even harder.

✓ Defeat isn't bitter, if you don't swallow it.

✓ To win, you have to put your head where you wouldn't normally put your feet!

✓ Strength is proven in adversity.

✓ Nothing is over until you decide it is.

✓ Let us train our minds to desire what the situation demands.

✓ The only person holding you back is you; everyone else is merely watching.

✓ You don't get to be number 1 by aspiring to be number 2.

✓ You have come too far to think that you can't make it now.

✓ Take your eyes off the price and put it on the prize.

Special Forces Creed

I am an American Special Forces soldier. A professional! I will do all that my nation requires of me.

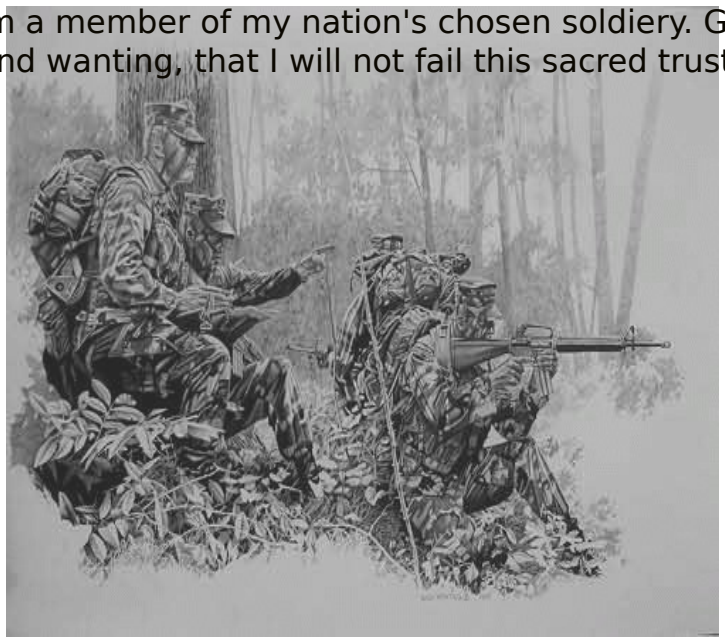
I am a volunteer, knowing well the hazards of my profession. I serve with the memory of those who have gone before me: Roger's Rangers, Francis Marion, Mosby's Rangers, the first Special Service Forces and Ranger Battalions of World War II, the Airborne Ranger Companies of Korea. I pledge to uphold the honor and integrity of all I am - in all I do.

I am a professional soldier. I will teach and fight wherever my nation requires. I will strive always, to excel in every art and artifice of war. I know that I will be called upon to perform tasks in isolation, far from familiar faces and voices, with the help and guidance of my God.

I will keep my mind and body clean, alert and strong, for this is my debt to those who depend upon me. I will not fail those with whom I serve. I will not bring shame upon myself or the forces. I will maintain myself, my arms, and my equipment in an immaculate state as befits a Special Forces soldier.

I will never surrender though I be the last. If I am taken, I pray that I may have the strength to spit upon my enemy. My goal is to succeed in any mission - and live to succeed again.

I am a member of my nation's chosen soldiery. God grant that I may not be found wanting, that I will not fail this sacred trust.



DEPARTMENT OF THE ARMY
UNITED STATES ARMY SPECIAL OPERATIONS RECRUITING COMPANY
FORT BRAGG, NORTH CAROLINA 28307-5200

MEMORANDUM FOR RECORD

PRE-SHIP BRIEF
STATION: SFRT-KY

I , _____ *SSN#* _____
Have been briefed on the following items by a member of the Special Forces Recruiting Company (SORC). My initials indicate that I understand each of the below listed requirements, and will comply.

I have 15 copies of my orders. _____

I have/will take my medical records with me. _____

I have the packing list dated February 04. _____

I have my SFAS physical training book provided by my recruiter. _____

I have the SFAS strip map and understand where to report. _____

I have the contact numbers for my recruiters and the Operations Section. _____

I have a copy of the security questionnaire. _____

I have not used Creatine or products that contain Ephedrine within the past 30 days. _____

I have informed my recruiter of any problems (medical, family, financial, other) that may hinder my performance at SFAS or make me a prerequisite failure. _____

All candidates will initial that they have all above listed items, and a copy of this will be kept in the soldier's residual packet. Soldier will also be require to hand-carry a copy of this document with him when he reports. All candidates away from home station will be faxed this list. Soldiers will then initial and and sign then fax back to their recruiter.

Soldier will sign here _____Date _____

During travel if any problems arise call your recruiter:

		HOME	CELL	OFFICE
Recruiter Phone #'s	SFC Byars	270-640-1962	877-839-8359	270-798-9818
	SFC Spear	931-648-0223	877-839-4049	270-956-3885
	SFC Santana	877-839-9137	877-839-9137	270-956-3884
SORC Operations POC:	1SG Hochstetler		910-432-1643	877-837-7932
	SFC Zahn	910- 432-1641		877-839-9118

Outbrief Date_____Time_____Location_____